



# Noreen's Kitchen

## Stuffed Sole Monterey

### Ingredients

2 pounds Sole filets	1/2 cup water chestnuts, chopped finely
4 tablespoons butter, melted	1/2 cup Monterey Jack cheese, shredded
2 tablespoons olive oil	2 tablespoons Parmesan cheese
1/3 pound fresh cooked crab meat	1/2 cup mayonnaise
1/2 pound cooked baby shrimp, peeled	Juice of one lemon
3/4 cup Panko bread crumbs	2 teaspoons seafood seasoning
1/4 cup roasted red peppers, diced	1 teaspoon sweet paprika
2 green onions, sliced finely	

### Step by Step Instructions

Preheat oven to 325 degrees.

Combine crab, shrimp, peppers, onions, water chestnuts, cheeses, 1 teaspoon of fish seasoning, bread crumbs and mayonnaise in a large bowl. Mix well and set aside.

Prepare a baking dish or pan with 2 tablespoons of melted butter and 2 tablespoons of olive oil in the bottom, this will help cook the fish and help prevent it from sticking. Set aside.

To stuff the fish, Place two filets, side by side, slightly overlapping on a board or plate, in front of you.

Place 1/2 cup of stuffing in the center of the two filets.

Wrap the inside ends around the stuffing, then wrap the outside ends around the outside. Tucking the smaller ends of the filet around the stuffing to make a small oval shaped packet with the stuffing showing out of the top.

Place the stuffed sole into the baking dish or pan. Continue until you have made all of your packets.

If you have extra stuffing, simply add more to the top of each packet, making sure to pat it down. Add three shrimp to the top of each packet for garnish.

Squeeze lemon juice over all the fish. Sprinkle with fish seasoning and paprika.

Bake for 25 to 30 minutes or until fish flakes.

Remove from oven and allow fish to rest for at least ten minutes before attempting to serve. As the fish cools, it becomes more stable and easier to transfer using a spatula.

**ENJOY!**